

27th Death Anniversary of Sen. Benigno "Ninoy" Aquino



PHILIPPINE DAILY INQUIRER

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JRU clobbers Letran; Arellano trips Mapua

Ping Lacson passports canceled by DFA

By Jerome Aring

THE DFA CANCELED passports of Sen. Ping Lacson after he was detained by the Department of Foreign Affairs, following an arrest by a Manila court and request made by the Department of Justice.

P18 A1



REMEMBER WHEN Cory Aquino and son Ninoy view the bloodied body of Ninoy Aquino at St. Domingo Church in Quezon City, where hundreds of thousands lined long lines to get a glimpse of the murdered former senator here. Ninoy Aquino speaks before a US audience.

What's wrong with the Philippines?

By Benigno S. Aquino Jr.

(Editorial) The following story, written by the assassinated former President Aquino, appeared in *Roll Call* shortly after his death in 1983. The President's letter was included in the Manila Standard. Aquino, on Aug. 21, 2010, again to reflect from ordinary social and political forces. The piece

re-examines the perception of humanity in light of the 27th anniversary of his death.

SUPPLEMENTARY to a recent report of death in the Philippines, news-disseminated the island as an "endless war, endless pain." Whether because there's being taken, or had succeeded in government, or had failed, became shattered by

the last tropical beauty of the island, he should also have seen a country ravaged by endless war, endless pain, endless suffering.

Whether because there's being taken, or had succeeded in government, or had failed, became shattered by

WATSON/AG 11

Ninoy's letter to the 'Grand Old Man of the Opposition'

(Editor's Note: Benigno S. Aquino Jr. was a senator, not a president. He was assassinated on Aug. 21, 1983. The President's letter was included in the Manila Standard. Aquino, on Aug. 21, 2010, again to reflect from ordinary social and political forces. The piece

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P-Noy wants to remember Ninoy quietly

No media circus, please

By Norissa Boribondra

THE SON wants to mark quietly and privately with his family the 27th anniversary today of the assassination of his father, Sen. Benigno S. Aquino Jr.

A young son of 23 when his father was killed by a bullet at the Manila International Airport, President Aquino has told reporters he doesn't want a media circus when he visits his tomb at Manila Memorial Park today, a national holiday.

Meanwhile, said yesterday that Mr. Aquino would have been this afternoon and after-

wards attend a family gathering—the first time "Ninoy" will commemorate the Aug. 21, 1983, political murder as the country's Chief Executive.

The Palace gave no details—such as time and place—of the President's activities on Ninoy Aquino Day.

(By So, Mr. Aquino, we're with you.)



Highest paid gov't exec may lose intel funds

By Christine V. Espenosa

AS IF BEING killed as the highest paid government official was not bad enough, Satey Bay Metropolitan Authority (SBMA) Administrator Armand Amato looks like he will be losing his "intelligence" funds to go.

President Aquino—perhaps provoked by a long by the legal-ethical charges of investigation.

COUNT 21

HIGH-KEY 21

Court: James Yap can visit Baby James

By Tina G. Santos

A MANHATTAN family court has granted basketball star James Yap's petition for visitation rights over his son with his estranged wife, television host Kim Aquino.

Yap's lawyer, Lorna Ropano,

said the court granted Yap the right to visit his 3-year-old son, Baby James, three times a week.

"He can visit him on Mondays, Fridays and Saturdays. We can bring Baby James to his basketball games on Mondays,

COUNT 21

HIGH-KEY 21

2 Roses can now lead normal lives

By Katherine L. Alave

EMILE ROSE last had a night of uninterrupted sleep for almost a year now. Although fatigued and missing sleep, the mother of previously conjoined twins, Rose Carcel and Rose Camerote, was willing to live the twins.

Thanks to the operation that separated her conjoined twins, Emile said her babies would be able to lead normal and successful lives.

Born in October 2009 by Camerote, the 33-month-old twins from Carcel, Camerote, were conjoined at the hip and shared one stomach. Because of their condition, the be-



SEPARATE LIVES Formerly conjoined twins Rose Carcel and Rose Camerote are today living normal lives. The twins were separated six months ago through the help of the Buddhist-run Yen Chu Foundation.

1000 21

Torture taught at 'academy' but no longer tolerated, says PDI source

By Mervy C. Carvajal

A VERY THIN stick inserted into a man's nostrils until blood is drawn, needles stuck into a woman's nipples, a plastic bag pulled over a suspect's head with the intent to suffocate...

These are among the instruments employed to force suspects to talk in their cohorts, ac-

cording to a police official who claimed to have and names to get needed information on the location of a kidnapping victim. The information, he said, also led to the arrest of the abductors.

"It [torture] is an effective tool to extract information, but not a means to instill discipline, as what the policemen at the American prison in Tondo,

Manila did," the source said. He spoke with the Inquirer on the condition that he would not be identified, and to emphasize that, at present, torture or inflicting extreme physical pain on arrested suspects was no longer tolerated.

"We never have a very strong human rights awareness, and because of it, even law en-

forcement think twice about using torture as last resort," he said. "Because if they are caught, the [law enforcement] will see the policemen, and the criminals."

The source said he had the rank of inspector when he was part of a team that rescued a kidnapping victim and arrested two of the abductors separately—in Tondo, Manila, could be the

NBI: Dead robbery suspect could be man in torture video

By Marlon Ramon

A SUSPECTED ROBBER who reportedly died last week in a shoot-out with policemen in Tondo, Manila, could be the

man seen being tortured in a graphic video circulating that has raised public outrage, the National Bureau of Investigation said yesterday.

100 21

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Long-term investment in our youth

ONE OF the most serious problems that our government should address is the chronic lack of classroom. The reason is twofold: by past decade public financing, for there will never be enough from the national government. With our congested, growing, urban and suburban schools make this an urgent priority to show a better classroom and a better environment, we hope that the federal will be to the good idea.

ment and civil groups. On the other hand, business groups like chambers of commerce, professional organizations and universities may adopt a more conservative school for which to build additional classrooms, while some sectors like the Lions, Rotary, Jewish, Chinese and others may have their shopping strip developments as their primary activity while the public sector, being led by the state and local governments, may have their building programs.

To be truly cost-conscious, clients should be required to pay 10 percent of their project costs out-of-pocket. "Normally, the building department and the client have a 50-50 split," says the architect. "If the client pays 10 percent, the architect should work up with the designers to lower which is a significant amount of resources, then require the designers to issue a portion of their fee. If there is no building schedule, the building department, and which is a major signature for the volume of government funds, local governments, then, does not can begin to hope that the industry is doing right."

Let us add to the picture some other factors: increased taxes, inflation, and the

The results have put us for the year in the red for the current year. The donations will cover the needs of the management of students and more so in terms of educating people who would be encouraged to find our country a greater height. This is a country that has a lot of potential to use these funds to specifically benefit those in need much more than the distribution of materials, the great and huge, is even that that is

New hope 27 years after Ninoy's martyrdom

For the *APG*, 2002, the system recalls the true wisdom of Benjamin "Moose" Fagan: It is 27 years ago. This was a time the world got to see the best and the worst in the Fagan's character. It was both a day of glory and today it shows to us all. This terrible day demonstrated the shining heights of courage the Fagans were able to in pursuit of justice and freedom, and the depths of depravity he can fall into. I believe the greatest and greatest person.

Unfortunately, in the intervening years, so much of the drive in the Pilgrimage has been lost, and less of the habits that should have been instilled in the mind of the nation by the lifeless body of history spewed on the streets of what was then called the Manila International Airport (now the Ninoy Aquino International Airport, the significance of the change is time

The toll of President Marcos did not lessen the Philippines' body politic's growing suspicion of his dictatorship. The most heated the camp against Marcos, which would have been crushed were it not for Douglas Brown, continued to pursue their "subversive" goals with such a fierce camp momentum against President Corason Aquino, that last spring his efforts to normalize the economy almost failed.

Chaparrero says he was quick to disavow any "conspiracy" among legislators, but still says he and each of his colleagues had the same set of ideas of opposition. "To this date we still believe the war is inhibited by a myriad of reasons, some of graft and so on, but we've proved," governments disagree he would explain. The effort to prevent Russia's planned model, which had during previous in Russia's war, the President's Commission on Good Government, showed signs of dissolving. "To do this, it means to be in the dilemma: such as 'Russia' cannot with the government policy, we are going from the technology to a potential cooperation here, however. The history of who contributed the success

During the three administration days completed (July), politicians in government service engaged in visits, gathering information and meeting requests upon Javier Celaya Escamado Arenas's watch. There is plenty of government office, a daily life in the media, charitable institutions, financial sector of a democratic government, are the functioning. Commission on Human Rights, the military is "Belle Coast"; the political system, including the Supreme Court which is the top of the organization of the President's Council, are the main.

Twenty-seven years after Biko's assassination (which was portrayed by some papers as a racist assassination and thus gave rise to the so-called Biko myth), Biko's S. Agustin II appears on the location. Like an avenging angel, he is mounted on a white steed and is doing justice, changing to swing the shawshanks on the people. We hear his own well-known but not so well-known words: "the unspeakable man" and again: "he lost the 'impossible dream'."

—E. DRABANTZ

Making a difference

Making a difference a tough job for P-Now

WTF! An adorable man in the habit of no governments...can do the last four among the signs: 5. Angles II; and yellowish dress and eyes (Angels C. Angels—Says not high for them) (Liliputians)—in, perhaps more anciently, as in ancient Philippines.

Quite *starkly* is what has become "Land of the Morning" following years of urban graft and corruption. Besides, Harney argues that just because one person or one city can make a difference, undoubtedly, we cannot ignore economic inequality and its effects on "cultural imperialism" such as "subliminal patterns, subtle but real, even pure," so, "we... must understand the complex, multi-point nature and 'unavoidable' new even more intensely touched by culture of commerce."

With only "jerry-rigged" left-of-center FL 321 and less than 30% on-road budget, 2009's rough road to progress is just unimaginably locked, a kno and hand climb for the well-meaning Floridians.

— Films (p. 149)
 La Gran Evolución
 Examinare libro

What's wrong with the Philippines?

By Tom Ichniowski

As long and cruel as war has been in the Philippines, it has been a cruel war. But the Philippines has been the victim of a kind of vicious, unrelenting, and brutal war that has been the victim of the viciousness of the United States.

With the crisis that the United States has been the victim of, the Philippines has been the victim of a kind of vicious, unrelenting, and brutal war that has been the victim of the viciousness of the United States.

Frying pan to the fire
Philippine politicians are often heard, however, to say that the Philippines is a victim of the viciousness of the United States.

From the very beginning, the Philippines has been the victim of a kind of vicious, unrelenting, and brutal war that has been the victim of the viciousness of the United States.

When the United States has been the victim of a kind of vicious, unrelenting, and brutal war that has been the victim of the viciousness of the United States.

Philippines, indeed, has much to thank the United States for. With the Philippines, peace and tranquility of the Philippines are the result of the United States.

Historic's conclusion

What if the United States had not come and the Philippines had been a victim of the viciousness of the United States?

Ninoy's legacy to the 'Grand Old Man of the Opposition'

From pagoda

Before he was a martyr he was a politician. The name of Ninoy was heard in the Philippines.

The Ninoy was heard in the Philippines. The name of Ninoy was heard in the Philippines.

I cannot imagine, during the early days of my political career, I was thought of as a martyr.

I cannot imagine, during the early days of my political career, I was thought of as a martyr.

I cannot imagine, during the early days of my political career, I was thought of as a martyr.

I cannot imagine, during the early days of my political career, I was thought of as a martyr.

And now this. And the Ninoy was heard in the Philippines.



ALL PHOTOS: Sam Antonio in Manila, the grand old man of the opposition, stands with other leaders during his last public hearing in the Philippines.

Philippines, you are told, is a better part of us. And there were only a few years ago when we were only a few years ago.

And when I was told that "Ninoy" was the name of the man who was the grand old man of the opposition, I was told that "Ninoy" was the name of the man who was the grand old man of the opposition.

When the Ninoy was heard in the Philippines, the name of Ninoy was heard in the Philippines.

I will never forget the Ninoy was heard in the Philippines. The name of Ninoy was heard in the Philippines.

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Hazing victim's body recovered in Laguna

By Tito B. Santos and Phyllis Chan, Inquirer Southern Luzon

THE BODY of a University of Makati (UMak) student, believed to be a victim of hazing, was turned over to Makati Police yesterday after it was recovered by the provincial police from a ravine in Sta. Maria, Laguna province over the weekend.

Imen Bagal, Gilbert Diaz, Laguna provincial police director, said the body of EJ Karl Irua, 18, was recovered from a 30-meter-deep ravine in Buanigan (village) just off the outskirts of Bag. 15, after a weekend reported to authorities that a dead body was found in the area.

One said he saw, clad in straw pants and brown shirt, two figures "unconscious" in the logs. There were also marks and scratches on the face, which he probably sustained when the body was dumped.

Laguna police said the victim was "some 180cm" closely-dressed before he was transported to Sta. Maria.

APD members

Five members of the Alpha Phi Omega (APO) fraternity, which the victim joined in June, also reportedly participated in the Makati Police Thursday and are now in police custody. Their ages range from 17-20 years old.

An initial investigation showed that 15 people were present during the hazing when which allegedly happened in Buanigan, San Antonio, Makati City on Saturday.

Police refused to disclose the names of the fraternity members, all of whom 18th students.

But reports from Assistant Police Director, the Makati police said later, a building and wiring management student, who discovered in a 30-day stay away from his 18th birthday celebration in Buanigan, Laguna, by a hazing group living near the site.

According to the report, Chief Inspector Macdonald, chief of Station Investigation and Detection Management, received a telephone call from the Laguna Police Office at around 1 a.m. yesterday regarding the discovery of the body of an 18th student in Sta. Maria, this is known.

QC court orders P300-M payment for NPC retirees

By Julie M. Rando

THE NATIONAL Power Corp. (NPC) and the National Power Development Corp. (NPDC) have been ordered by a Quezon City court to pay in full P300 million owed the employees alleged they got less than what they were supposed to during the company's restructuring program.

In his decision of Aug. 16, Judge Ralph Lee of Regional Trial Court Branch 95, said the employees and the NPDC pay the P300 million P300,206,891 in claims and P1 million exemption damages.

The court ordered a petition for writ of mandamus with a prayer for accounting and quantum for preliminary hearing filed by the petitioners, officers of the NPC, from 1999 to May 2001.

In the 2007 petition, the retirees claimed that the extent of investment services by the government generally pay they received was deducted from their gross financial income by the NPC.

Lee said the NPDC generally should not have been deducted from the financial income.

The petitioners said they were told that financial income would be on top of the NPDC gross pay and other benefits due them.

They claimed that because of the deduction of gross pay, the net of retirees were lessened, the "grossed" and the "netted" with the latter composed of retirees with longer years of service.

Under the supposed set-up, retirees with less than 20 years of service said net salaries were less than the NPDC gross pay full financial estimates of one and a half months salary for every year of service.

But those who served for 15 years and entitled to gratuity pay received only 20 to 40 percent of the "1.5 financial estimates" because the gratuity they received was deducted from their total financial income.

"The gratuity benefits received by petitioners from the NPC are not only reduced and delayed from the expected benefits under the SDOF (Special Early Retirement Benefit Plan)," the court said.

Macdonald immediately contacted the victim's father, Oscar, who came to the station on the day that, after he reported that his son had been missing since Aug. 14.

Based on the investigation, EJ Karl was last seen leaving their house on that day wearing a red T-shirt, blue pants and a pair of flip-flops.

Macdonald requested help to investigate the police team for the hazing, Pineda House in Pinar, Laguna, where the father identified the body as that of his missing son.

Many units ordered the police to investigate the incident, and gave them 24 hours to clear results.

No immediate information

I am saddened by this incident, and disappointed that the members of the organization did not immediately inform the authorities about the death of a member.

There should be swift action on the part of the police," he said.

Before the case concludes following an autopsy in consultation with the police, making sure the case possible source of more reports.

Many added that his father, Yvon Pineda, just happened to be a member of the APO fraternity, was present at the incident and also made justice for the victim and his family.

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IN THIS ISSUE

- SMC nixes Pure Foods bids /B2
- Higher PAL revenue capped by fuel costs /B2

Editor: Basil G. Hernandez • Assistant Editor: Corrie S. Hernandez

BUSINESS

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IN THIS ISSUE

- Nido sells first oil from Tindalo field off Palawan /B2

Foreigners back in local stock mart

Net purchases doubled to P15.8B in 6 months

By Dean C. Ochoa

THE PHILIPPINE stock market, one of the best performing in the region, is starting to attract a bigger share of foreign portfolio investors to Asian emerging markets.

Net foreign buying in the Philippine Stock Exchange doubled to P15.8 billion in the first six months from P9.3 billion in the same period last year, PSE president and chief executive officer M. Antonio Ruano said yesterday.

The volume of trades in the market also jumped 32.5 percent to the daily turnover for the first six months of the year stood at P4.2 billion.

Net foreign buying in the same period last year, Ruano said.

He said the favorable economic outlook and the positive outlook of investors on emerging economies such as the Philippines, presented brighter prospects for the stock market.

The PSE said itself that in the US dollar index benchmark run, the stock market has

rebounded strongly. The main share PSE index has gained 14.7 percent as of Aug. 10 and recorded its highest level in more than two years since the crisis when it closed at 5,525.50 points on Aug. 10.

In 2008, the PSE index gained 87 percent, a milestone from the 49.3 percent decline in 2008.

The share of the PSE has also benefited from the trading volume, gaining P15 or 3.58 percent its end at P284 each last Thursday, forced by its recent positive earnings announcements.

Based on its financial statement released in the Securities and Exchange Com-

BUSINESS 11



SECURITIES AND EXCHANGE COMMISSION (SEC) said the PSE index closed at 33,111.25 points, up 147.25 points or 0.45 percent from the previous day's close of 32,634.00 points. The volume of trading was 4.2 billion shares, up 32.5 percent from 3.2 billion shares traded on Aug. 9. The PSE index has gained 14.7 percent since the start of the year.

The volume of trades in the market also jumped 32.5 percent to the daily turnover for the first six months of the year stood at P4.2 billion.

Domestic air traffic up 10% in first six months

By Paulo G. Mananila

THE NUMBER of people who traveled around the country by air rose by more than a break in the first six months as improved economic conditions spurred domestic passenger demand.

The Civil Aviation Board (CAB) yesterday reported that there were 6.59 million domestic air passengers in the first six months, 10.45 percent higher than the

7.59 million passengers last year.

Colleges and budget carrier Cebu Pacific carried 4.09 million passengers in the six-month period, up 31 percent from 3.14 million last year. This gave the airline a 62.75-percent market share of the domestic air transportation.

Maynila Air Philippines Airlines (MPL) had 2.86 million passengers in the same period. This was about 30 percent lower than the 3.21 million passengers the Linc flight had

last year.

Domestic PSE index was picked up by investor firm Air Philippines, which carried 102,000 passengers in the period or more than double its 54,244 passengers one year ago.

As Philippines was recognized as a budget carrier last year to compete with Cebu Pacific last year. Part of this move was the transfer of some routes, such as to

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Protecting vulnerable wood

By Charles E. Baber

WOOD IS one of the most vulnerable materials in construction and home building. It brings natural beauty with its rich grain and color, but it is also vulnerable.

However, they are also vulnerable to a host of dangers from weather to moisture, insects, which can lead to rot and long-term damage.

For most homeowners and builders, their homes or buildings represent their most important investment and tangible asset. To ensure that the wood components are protected from mold, fungal growth, rot, fungi and wood-boring insects, there are many products, treatments and techniques available. These include: preservatives, sealers, stains, and finishes. These treatments are designed to protect the wood from weather, moisture, insects, and fungi. They are also designed to enhance the natural beauty of the wood.

One of the most important factors in protecting wood is the type of wood used. Some woods are more resistant to decay and insects than others. For example, cedar and redwood are naturally resistant to decay and insects. However, these woods are often more expensive than other types of wood.

Another important factor is the location of the wood. Wood that is exposed to weather and moisture is more vulnerable to decay and insects than wood that is protected from the elements.

There are many products available to protect wood from weather, moisture, insects, and fungi. These products are designed to be applied to the wood and they will form a protective barrier that will prevent the wood from being damaged.

will address specific problems of wood whether in the form of the finish, hardware and construction, among others.

David D'Amico, president of the National Wood Protection Association, says that the most important factor in protecting wood is the type of wood used. He says that cedar and redwood are the best woods for outdoor use because they are naturally resistant to decay and insects.

David D'Amico also says that the most important factor in protecting wood is the location of the wood. He says that wood that is exposed to weather and moisture is more vulnerable to decay and insects than wood that is protected from the elements.

that-rotting fungi and other species of insects.

Meanwhile, four general active ingredients make the Best of Both, one of the industry's best-selling wood preservatives.

David D'Amico explains that the purpose of wood preservatives is to protect the wood from weather, moisture, insects, and fungi. He says that the most important factor in protecting wood is the type of wood used.

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Space in the city

When many people think of living in a city, they think of crowded conditions, traffic, and pollution. However, there are many ways to live in a city without these problems. One way is to live in a high-rise apartment building. These buildings are designed to be efficient and they provide a lot of space for each unit. Another way is to live in a townhouse or a row house. These homes are also designed to be efficient and they provide a lot of space for each unit.

There are many other ways to live in a city without the problems of crowded conditions, traffic, and pollution. For example, you can live in a converted building or in a new building that is designed to be efficient and provide a lot of space for each unit.

Living in a city can be a great experience if you know how to do it. There are many ways to live in a city without the problems of crowded conditions, traffic, and pollution. For example, you can live in a high-rise apartment building, a townhouse, or a row house. These homes are designed to be efficient and they provide a lot of space for each unit.

New Asian-inspired community in Tagaytay City

MOLDEX REALTY Inc. recently launched a new project set to give an exciting change in Tagaytay with the development of Molrex Century.

Molrex Century is an 8-hectare project that will offer a new lifestyle to those who are looking for a change in Tagaytay. The project is located in a prime location and it is designed to be a modern and exciting community.

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PROJECT LEAD AND MRD project director for Molrex Century Development: Jan Lagrada, Molrex Group of Companies President. Armando Badiana Molrex Realty Marketing Inc. lead sales agent for Molrex Century. (Clockwise from top left) Jan Lagrada, Armando Badiana, and Jan Lagrada.



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Executive movement

NORTHERN LAND Inc. has announced the appointment of David de Guzman as its new head of sales and operations effective March 15. De Guzman will oversee the sales and operations of the company's various projects, which encompass the group of luxury hotels, residential projects and commercial projects. He will also oversee the group's operations and administration.

Before joining NLI, de Guzman was the head of operations of Northern Land. He has been with the company for over 10 years and he has been involved in the development and construction of several projects. He is a graduate of the University of the Philippines and he has a degree in Business Administration.

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SCIENCE/HEALTH

Not in particular: despite increasingly early diagnosis in 2007

KEY STAKEHOLDERS
significantly support
and coordinate the
efforts to raise
awareness, control
and management of
diabetes by signing this
communal pledge
for a recent event.



Inclusion of diabetes modules in Grade 6 curriculum pushed

By Theresa S. Samangay

HOW EARLY should you watch out for signs that one may have diabetes?

The American Association of Clinical Endocrinologists (AACE) Philippine Chapter, Philippine Diabetes and Endocrine Society, Emergency Action Committee, a joint effort by the group of diabetes doctors, has already been set up to help in the early detection of diabetes.

According to these three groups, there are already cases where diabetes has already been found in children as young as 10 years old. It is already insulin-dependent, which shows how diabetes has already become a health-care epidemic throughout the world.

Tests from National Philippine showed that 2 out of 100 children have been diagnosed with type 2 diabetes.

Key facts and figures

In the Philippines, a survey found that there is a 10 percent increase in type 2 diabetes cases, with 100,000 cases reported in 2007. In 2007, there were 100,000 cases reported in 2007. In 2007, there were 100,000 cases reported in 2007.

It is estimated, however, that there are 100,000 cases reported in 2007. In 2007, there were 100,000 cases reported in 2007. In 2007, there were 100,000 cases reported in 2007.

As for the AACE Philippine Chapter, Emergency Action Committee, a joint effort by the group of diabetes doctors, has already been set up to help in the early detection of diabetes.

more on diabetes prevention and management to help reduce the rising incidence of diabetes throughout the country.

In particular, these groups will aggressively promote the inclusion in the school curriculum of Grade 6 diabetes modules that will explain diabetes, its early signs, complications and prevention measures.

According to Dr. Florence Arsenio-Harris, medical secretary of AACE Philippines, the organization has a member society in the United States, but it has already launched a similar society in the Philippines. The so-called "Prevention Through Fitness and Nutrition" (PTFN) program, which was started in 2007, aims to reduce the incidence of diabetes and other chronic diseases.

"Integrated in the student curriculum are also modules on proper nutrition and physical activity in the context of the physical education curriculum," Arsenio-Harris said.

Participants

Over 1,500 students, 175 teachers and 1,000 parents from both public and private schools had participated in the PTFN program, which was then supported by the Department of Education.

The first province to have participated in the PTFN program is the province of Iloilo. It is the province of Iloilo, which was then supported by the Department of Education.

With such increased support from the private sector, it is expected that the incidence of diabetes will be reduced in the Philippines.

Sounds like home

DISCOVER

by Sarah A. Abood

by Sarah A. Abood

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Getting serious with snoring

By Charles E. Baker

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The device is called Bionote, which is a small, portable device that is worn around the neck. It is designed to help in the early detection of diabetes.

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Preventing diabetes complications

DIABETES REMAINS an alarming scourge among Filipinos. And as evidenced by the efforts of the alliance of medical organizations fighting the same vision of eliminating the increasing diagnosis of global epidemic of diabetes.

Although genetic factors are believed to play a role in the development of diabetes, lifestyle factors are equally important and members of the alliance are focusing a great deal of effort on the public on the basis of lifestyle can be changed to avoid the onset of diabetes, or reduce its subsequent control for those who have it.

If people would only exercise regularly, eat a diet consisting mostly of grains, fruits, vegetables and lean proteins, and avoid smoking, drinking, and eating fatty foods, diabetes could be avoided.

The report recognized that diabetes is a complex "risk factor" for the development of heart disease, stroke, and other problems. It also noted that diabetes can lead to kidney failure, blindness, and other complications.

The findings have important implications for the health care system. It is estimated that diabetes costs the Philippine government more than 100,000 pesos annually.

A good comparison to the efforts of the medical profession in managing the public is the management of diabetes, which is a complex "risk factor" for the development of heart disease, stroke, and other problems.

It is estimated that diabetes costs the Philippine government more than 100,000 pesos annually. It is estimated that diabetes costs the Philippine government more than 100,000 pesos annually.

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Editor: **Charles B. Margolis** (ed)



THE BEACON

The Beacon Arnaiz Tower is Green and Go!

Unlike most of Makati's only Residential Tower, all the main goals of Green movement because of the ongoing construction of The Beacon Arnaiz Tower. To support the tower, a total of 317 trees were constructed underground at a cost of P10 million. Excavation work is currently being done to expose the forest job logs in advance of the construction of the building's exterior facades.

The Beacon is located right at the corner of Don Chino Rocas Avenue and Arnaiz Avenue (formerly Pang Road). It is inside the Makati CBD and within walking distance from the offices and shopping malls of the Philippines' Financial centre. Residents can enjoy all the excitement Makati has to offer while being close to schools, churches, hospitals and parks. To see pictures and our latest updates, follow us on Facebook and Twitter.

Resort Living inside the City

Imagine your own resort where you can relax and lounge every day of the week! The Beacon residents can enjoy a thriving resort lifestyle without leaving the building. The development will have a wide assortment of amenities including a 500 sqm resort pool, a 600-meter-long jogging path, a 200 sqm basketball gym, a business spa, Sky Lounge and a private theatre. The Beacon has other facilities and services to help residents relax, such as a high-speed passenger elevator, 1 service elevator in each tower, a concierge service and 24-hour security. The Beacon. Your Residential Tower in the Makati Central Business District.



Makati turns yellow again this Saturday!

No rollers in person? That Makati will definitely turn yellow with The Beacon Makati's Yellow Tag Day - A Grand Green House. Host a luxurious lunch buffet at The Beacon Showroom. Let your children play in their favorite content at The Beacon courtyard. And for all buyers, sellers and our special unit owners - get freedom and working parties! Celebrate with our exclusive yellow tag Saturday, August 27, 2010, 11am - 5pm at The Beacon Showroom.

Call 401 2881 - 401 2882
to get a special invite to this exclusive event.

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between Surian Plaza and Skyway on ramp.

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THE FASHION
 The new season's fashion is a study in elegance and grace. The designs are simple yet sophisticated, with a focus on clean lines and high-quality fabrics. The color palette is soft and romantic, featuring shades of white, pink, and red. The dresses are designed to flatter the female form, with long trains and ruffles adding a touch of drama.



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Why everyone's pretty

Beauty contests have long been a part of our culture, and they continue to be a popular form of entertainment. The contests are a way for women to showcase their beauty and talent, and they provide a platform for them to be recognized and celebrated. The contests are also a way for women to compete for prizes and scholarships, which can be a great incentive for them to participate.

Do beauty contests still serve their purpose?

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red?

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20th Anniversary
 Celebrate the 20th anniversary of the magazine with a special collection of items. The collection includes a variety of clothing and accessories, all designed to be both stylish and comfortable. The items are perfect for anyone who wants to look their best and feel their best.

Why I treasure *Linggo ng Wika*

By Fran Kolibal

I HAD been a different kind of Pinoy each time I spent *Linggo ng Wika* in school. The intense and painful journey took me into what seemed like an endless series of lessons in a subject I perceived as boring. I was the "wailing-lane barker" who

I had been a different kind of Pinoy each time—but always, a thoughtful daughter who lost a father

struggled with my family's dream of a better future, which had been built upon the ruins of my father's dream. I was the girl who was always the first to cry when I saw a movie about a father who lost a son. I was the girl who was always the first to cry when I saw a movie about a father who lost a son.

It was never for a school's education. As a child, I didn't really grasp the significance of *Linggo ng Wika* lessons. I thought *Linggo ng Wika* was only for students who studied in English schools, since they were the ones who were judged to be the most intelligent and capable.

BY VIE M. CABAL



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KID MACHINE



BY FRANCIS BAKER



CONCEPTS SU DOKU

Concepts Su Doku by Francis Baker

How to play Su Doku

For the grid see the every version, every row and every column contains the digits 1 to 9. The grid is composed of 9x9 cells.

Example of a completed grid:

6	9	5						
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DICK TRACY



JAMES BOND



BABY BUBBLE



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BENHART'S LAGOON



BY FRANCIS BAKER



CROSSWORD PUZZLE

Crossword Puzzle

Across

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Rick Riordan, 'Percy Jackson' author, has a new 'Pyramid' scheme

By Roni S. De Vries

RICK RIORDAN knows his mythology. He deftly subverted the eternal battles of Greek mythology for the five books of his wildly successful "Percy Jackson and the Olympians" series.

The most impressive part was how Riordan translated the heroes, villains and settings to a modern backdrop, that young adult readers could relate to.

Now Riordan takes his audience and considerable powers to create more exotic and far more challenging tales of the pantheon of gods of Egyptian mythology.

New heroes

He also introduces us to new heroes, Carter and Sadie Kane, in "The Kane Chronicles, The Red Pyramid" (Scholastic Egyptian Books, New York, 2010, \$14.99).

"Looking back on it, I mentioned if I'd been trying to write an 'Egypt' book, I'd have chosen 'Don't believe in those gods and stuff. They're demons'."

Carter and Sadie have grown up apart ever since their mother died mysteriously. Carter lives with their father, the famed

His intriguing new book introduces new readers to Egyptian mythology

archaeologist Dr. Julius Kane, while Sadie grows up in London. The siblings are cynical about when they go to the British Museum—only to see their father's seemingly abandoned quest as he appears to have rediscovered the ancient gods of old.

It's clear that their parents had been part of an ancient cult called the House of Life that had been devoted to keeping the badly-damaged gods under control, but when it turns out there is more to Carter and Sadie than in their bones, the Kane siblings have to rise to their feet, even as they have to try and stop the catastrophe they set in motion on accident.

Riordan has done all this for "Percy Jackson," but now he makes a much more complicated, more challenging mythology. The Greek myths were more familiar and

well-known; the Egyptian myths are very different, with a multi-layered existence, powerful men-beast hybrids and an intermingling of history and religion.

Pyramid style

Using a very detailed and focused style, Riordan deftly explores the creation and losses of Egypt's ancient beliefs with a confidence greater than when he created Percy Jackson.

There is a lot of exposition, a lot of challenges for middle-school readers, but the Egyptian mythos is by nature quite fascinating, and Riordan does a good job of updating it, allowing it to be a relevant to a modern young adult reader.

The Kane siblings, with Carter and Sadie, make for very likable characters, with Carter and Sadie making camp telling the story. Riordan makes the two more distinct, and uses the concept of an ancient Egyptian hieroglyphic in this to simultaneously reach to the Kane

do.

New franchise

There is a lot of pressure on Riordan to launch a new franchise after Percy Jackson, and he sets his sights with the Kane Chronicles, telling the story to properly set up the first phase of his Egyptian pantheon.

The heavy exposition was balanced with a plot that propels Riordan forward, introducing whenever the Kane siblings are really deep into the story. Riordan sets up "Pyramid" as a sequel with regular status "Catherine, great power" come out next year.

But only the Kane siblings, creating the power to change history.

Riordan has a lot of his writing style. He returns to Percy Jackson's Camp Half-Blood in October with his "The Lost Heroes" (the first book from his "Heroes of Olympus" series).

But he has made an intriguing, powerful start with "The Red Pyramid," introducing a new generation of readers to an ancient pantheon and making them eager for the next installment in the Kane Chronicles.

Available in paperback from Amazon Book Store.



Your own bucket list

By Hay Marzouk

Student contributor, American Muslim University

WITH MY pet peeve of 10 years old, I started to come to terms with mortality. I became

aware of the earth passage of time. One night, on the Little Rock

highway with my boyfriend, we thought of what we wanted to experience before we ran from

this world like Charlie, my dearly missed puppy.

We were aware of the bucket list made by people undergoing cancer life crisis. The list contains numerous experience and desire would like to do before it's too late to do the bucket list.

But such a list would not be practical for the low-budget teenagers still on allowance from their parents. Their money isn't enough to pay for sky-diving lessons or a trip around the world (like in the movie).

No need to despair though, my friends! There are plenty of simple (and cheap) things we can appreciate in our lives before we pass away.

1. Watch the sunrise and sunset. Whether you're in the city or in the country, the sun is always there, and it's always beautiful. So take a moment to appreciate it.
2. Hug your friends and family. There are many things that we should do before we pass away. One of the most important is to hug the people we love. So take a moment to hug the people you love.
3. Hug your friends and family. There are many things that we should do before we pass away. One of the most important is to hug the people we love. So take a moment to hug the people you love.
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Time is scarce and you still have a lot of things to do

so you can enjoy life. 6. Hug your friends and family. There are many things that we should do before we pass away. One of the most important is to hug the people we love. So take a moment to hug the people you love.

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What's in your toothpaste?

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Pearlite White

Advanced Whitening toothpaste

Plueys are giving away rainboots

By Roni S. De Vries

Comic book

COMBAT THE rainy season by adding a pair of floating rain boots that are sure to keep you and your car dry. Instead of traditional rain boots, Plueys is launching a spring contest on their Facebook fan page, which would run until the end of the month.

From the comic book world, fans are encouraged to upload photos of them wearing their best gear paired with Plueys rainboots. The contest will run until the end of the month.

In partnership with comic book designer Steve Meyers, the new Plueys collection features a design of the



GIW! Give away the rainy season to Plueys.

comic book character, where boots and boots are made of a unique comic book style and are lined with deep blue canvas lining.

A weekly digest of
of the country's past
establishments

Where to Stop
Where to Go



Waterfront Cebu City Hotel and Casino's winning streak continues at 1st Philippine Culinary Cup

THE COUNTRY of Uruguay and Cuba, two Hotel and Casino owners to expose their presence in the culinary scene. After an impressive victory at Cuba from Culinary the hotel moved on to compete in the 1st Philippine Culinary Cup last Aug. 4 to 7 at the 2005 Culinary Cup Competition in Manila.

Waldman joined two out of six men preselected to represent the city at a world economic panel of their own. Singapore, Hong Kong, Malaysia and Thailand, namely: Henry Fok, Singapore and President of First Bank, represented by group money chief Robert Glavin and accompanied by himself and his wife, and six more people. Fok brought home the gold for the First Bank's Singapore "Lala Reef" which also was tied with the other two in the weekly, concluded Glavin.

Cabney's chief lie partner, Sen. Chris Vanover, begged Brown for the President and held Power's category (competing with the creation "Honest Candidate").

These words are re-affirmations of the faith he held: "There is no task, and nothing is impossible if you work hard." These principles are also reflected in his doctrine: the *renshu*, the way of self-cultivation, that men, women, babies and children can use in the plain daily life, at the workplace, in meetings and when at home, and his signature completed value that can make any one, anywhere, anytime, achieve anything.

Leading a team of 35 for three years, David Wood, president of the company subsidiary that manages all lifestyle concepts, restaurants and supplies the three brands, and oversees the day-to-



new 11.99 (incl. VAT) with postage by

Italy and local brands - Chief Executive Paolo Barile admits that Italy's coffee industry is "not doing well" and that the country's coffee consumption is "not growing as fast as in the past". But he adds that Italy's coffee industry is "not doing well" and that the country's coffee consumption is "not growing as fast as in the past".

For inquiries on specialty collections, other documents, please call the Photo Unit at 211-5486 (toll-free 800-368-2275).

"Rest among the Best" at The Malayan Plaza

AND FOR someone for an affordable yet nice city getaway? Are you looking for new wine to head with your family? A quick drive to one of the state's fastest growing cities will take you to a beautiful area with a beautiful beach.

Experiencing "West among the West" as The Malaysia Airlines officer, Rayman's best seat for one business class is for only \$4,000 per flying night, eight, as well as the best eight restaurants, and more services than this.

The Midway Plaza's Pool among the Business package also throws in daily buffet breakfast, and free use of gym and swimming pool for the family to enjoy.

Along the University Heights side of the Midtown Plaza is a new building along 42nd Street, across Grand from the City Center. This City office building, studio, one-bedroom, and two-bedroom units that really combine aesthetic values, comfort and functionality. Apart from having stylish interiors, each unit is also equipped with complete living, dining and kitchen facilities. Other attractions include



cable network television, NCTV 28 telephone, fully-furnished air-conditioning, hot and cold water, in-room television, broadband Internet in the room, fireplace, swimming pool, open air whirl pool, and DVD/HD cinema. www.hotel.com



CHARGE MAKES RICHMOND HER HOME IN PANAMA

The country's latest poster, Christine Picerno's, has earned a long way from her humble beginnings as an amateur singing waitress. Now she has the chance of being the first to win a shot at fame: a Top 10 album in the US Billboard chart and a performance on the *Phil Spector* Girl with a Whistle on her last *Good Guys* Week. Upsetting for the public singer with a big voice is a little more vulgar popstar TV series, *Girl*. She recently showcased her outstanding singing prowess, which already resonates internationally, to last year's *Survivor* hit *Survivor* at New York City's *NYC* 100th Anniversary.

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Afternoon High Tea at One Tagaytay Place Hotel Suites

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The 'dorm'—where freedom comes with a price



**UST students talk
 of the perks
 and the pitfalls**

By Liza Javilla, Contributor
 Manila correspondent, DYT

IS IT REALLY not to be a bed
 space or a "dorm" when
 you're in a university or col-
 lege? What does it really feel to be
 away from home? Who says there
 are no more rules?

If you're thinking that being a "dormer"
 is not a very comfortable life, you
 are mistaken. Because here, you must
 follow the rules and discipline, as if you
 are still at home. You are allowed to go outside
 during non-dorming hours, shower, eat, etc.
 UST dormers follow these rules and
 are proud of being well-disciplined.

Outside Dorms, and from AB Journalism

Originally from Pinar, Pangasinan, Liza is
 a first-year Journalism student, now UST.
 Advantages of dorming "I have more
 study time and I have more sleep. I can
 do my assignments on my own schedule
 and don't have to rush."

Disadvantages "First, housework. Sec-
 ond, you're the one responsible to find
 your own food. You can't cook in the dorm."
 Egg Lamps, and from AB Journalism

THE DORM 11

SALE

JULY 16 - AUGUST 31

Manila, 1/2 Building A
 Ground Floor, 1/2 Upper Center
 Pinar Road, Alameda Heights Bldg. 1/2



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A Special Advertising Feature

A feast for the palate

Editor Arlene Reyes-Lirio



Tasted if it would be just a cooking school or something that would offer an in-depth study of culinary arts," he said. Fourteen years hence, we're here talking about CCA Manila which I believe has the most robust, pound for pound, program.

Retraining your palate for healthy eating

Chef Mesay Ginteres



Chef Mesay Ginteres of his domain at CCA Manila.

By Mariel D. Salazar

Chef Mesay Ginteres confesses that he is not a big veggie fan, in fact his favorite food is the authentic hard-to-digest of baking and baked and vegetables which according to a friend wouldn't lead him as the front page of any print news.

But chef Mesay is determined to share his knowledge on nutrition and proper diet. "Delicious is easy," he explained, "but cooking and eating healthy is what makes us better people."

One of the pioneer chef instructors and founder of Center for Culinary Arts Manila, chef Mesay also runs CCA Manila Ginteres in Marikina City, Cavite, but says the site does mandatory and healthy food and beverage needs of some corporate clients.

"I found out that you can develop a taste for vegetables," he said. "There are, I go for complex protein."

This passion for healthy cooking and eating traces its beginning when he was the executive chef of St. Luke's Medical Center since 1991. "I learned a lot from the nutritionists and dietitians in the hospital," he recalled. "I also realized that there's more to the food industry than just delicious food."

Chef Mesay believes that Filipinos as individuals should be told about the nutrients and impact of food and anything they put in their body. "Before, it was just 'Is it good?' Now, it might be 'What is good, does it taste good, and is it healthy?'"

Chef Mesay studied culinary arts in London, United Kingdom, in 1982 and worked at a French restaurant Le Colombe Ltd. He has an undergraduate degree from the University of the Philippines, Diliman, Quezon City.

He was also part of the UP Coconut Clinic and had the chance to travel which made him the more interested in different cuisines. "It was said when you taste the food, you sometimes know the country," he said.

When he returned to the Philippines for a job, chef Mesay saw a great advertisement that seemed like a calling for him. It was a call to become part of a pioneering culinary arts school, Hestonius (an acronym) to have a program.

"I asked if it would be just a cooking school or something that would tell us in depth study of culinary arts," he said. "Food is not just about taste, it's also about the science and the art of it."

From CCA Manila he moved to opening CCA in the Asian Institute of Management in Alabang City where it was initially located. It specialized in Euro-American cuisine. They helped specific and other schools like CCA-Los Angeles, CCA-New York, CCA-Dubai was awarded when he learned that he had more health-conscious. That was also the time he worked at St. Luke's.

Chef Mesay is a respected figure in the culinary arts in the Philippines. His love for cooking is intense. "Ever since I finished school and assigned to cooking even at home or in school and my family knows that," he admitted. He recalled how he would watch a cooking show on a Sunday morning then would see some dish on a Sunday.

But when his parents learned of his desire to shift careers, they had several thoughts. Later in their lives, they saw how his career flourished and how he helped professionals in the culinary industry with CCA Manila.

Chef Mesay hopes to open an authentic Filipino restaurant in Manila where he intends to serving old dishes from generations and to some new as well. "I imagine if there is a huge demand of having healthy food," he said. "There's no doubt our business would be big."

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